

LAND FITNESS CLASSES

EFFECTIVE: 10/2/25

Monday	Tuesday	Wednesday	Thursday	Friday
	5:45A Cardio Sculpt	5:45A Indoor Cycling *Register/Extra Fee	5:45A Sculpt	5:45A Indoor Cycling *Register/Extra Fee
8:30-9:00A 30 & Out Cycle	8:00-8:45A SilverSneakers Classic	8:00-8:45A SilverSneakers Yoga	8:00-8:45A SilverSneakers Classic	
9:15-10:15A Body Sculpt	9:15-10:15A Move & Groove	9:15-10:15A Body Sculpt	9:15-10:15A Dance Fitness	9:15-10:15A Cardio Sculpt
10:30-11:15A SilverSneakers Circuit	10:30-11:15A Yoga Stretch	10:30-11:15A SilverSneakers Circuit	10:30-11:15A Yoga Stretch	10:30-11:30A Move & Groove
11:45-12:30P SilverSneakers Yoga		11:45-12:30P SilverSneakers Yoga		11:45-12:30P SilverSneakers Yoga
5:45-6:45P Barre	5:45-6:45P Cardio Sculpt	5:45-6:45P Tru You	5:45-6:45P Body Sculpt	
		5:45-6:15P 30 & Out Cycle		
		6:15-6:45P 30 & Out Core/Flex		

WATER FITNESS CLASSES

EFFECTIVE: 10/2/25

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00A Aquanastics	8:00-8:50A Water Flex *PRE-REGISTERED SESSION - SEE BELOW	8:00-9:00A Aquanastics	8:00-8:50A Water Flex *PRE-REGISTERED SESSION - SEE BELOW	8:00-9:00A Aquanastics
9:00-10:00A Deep Water	9:00-10:00A Deep Water	9:00-10:00A Deep Water	9:00-10:00A Deep Water	9:00-10:00A Deep Water
9:00-10:00A Water Pilates <i>*Ending after 10/20</i>		9:00-10:00A Water Pilates <i>*Ending after 10/22</i>		10:00-11:00A Water Pilates <i>*Ending after 10/24</i>
	11:00-11:50A Water Flex *PRE-REGISTERED SESSION - SEE BELOW		11:00-11:50A Water Flex *PRE-REGISTERED SESSION - SEE BELOW	
	12:00-12:50P Water *PRE-REGISTERED SESSION - SEE BELOW		12:00-12:50P Water Flex *PRE-REGISTERED SESSION - SEE BELOW	
	6:00-7:00P Water Aerobics			

*** CLASS DESCRIPTIONS ON THE BACK ***

Weather Related Cancellations

IF NORWALK SCHOOLS ARE ON A DELAY OR CANCELED DUE TO ICE OR SNOW,
THERE WILL NOT BE ANY FITNESS CLASSES BEFORE 11:00 AM.

CANCELSATIONS LATER IN THE DAY WILL BE HANDLED ON A CASE-BY-CASE BASIS.
CALL 419-663-6775 x2 FOR CANCELSATION INFO.

WATER FLEX - REGISTRATION

UPCOMING SESSIONS:

8/19 - 10/23

10/28 - 12/18 (Register starting: 10/14)